

# **KENTUCKY LIFESTYLES BEHAVIORAL RISK FACTORS**

**DISTRICT COMPOSITES**  
1994 – 1996 and 1995 – 1997

**DIVISION OF EPIDEMIOLOGY AND HEALTH PLANNING  
DEPARTMENT FOR PUBLIC HEALTH  
CABINET FOR HEALTH SERVICES**



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## INTRODUCTION

The Kentucky Behavioral Risk Factor Surveillance System (BRFSS) is an ongoing program conducted by the Department for Public Health in cooperation with the Centers for Disease Control and Prevention (CDC). The survey is designed to collect data on and to monitor prevalence of health risk factors which contribute to disability and premature death in adult Kentuckians.

The BRFSS uses a standardized core questionnaire and interview protocol developed jointly by the CDC and the participating states. In addition to the core questions, additional modules of questions from which the states may choose are made available each year. State-specific questions also may be added to this survey.

Data analyzed in this report are for the years 1994 through 1997. Risk factors and preventive health practices examined are: smoking, lack of physical activity, overweight, diabetes, seatbelt non-use, alcohol use, hypertension, nutrition, cholesterol screening, colorectal screening, mammography, cervical cancer screening, influenza and pneumonia immunizations, health care coverage, and general health status.

Data from this report will be useful for planning and supporting risk reduction and disease prevention programs at state and local levels, and for monitoring progress toward achieving the health objectives in the document *Healthy Kentuckians 2000*, a framework to optimize the health of all Kentuckians.

The BRFSS samples yield estimates for the state as a whole with a margin of error of  $\pm 2.5\%$  with a 95% confidence interval. However, analyzing the data by area development district will necessarily reduce the sample size and widen the margin of error. (For example, a sample size of only 30 has a margin of error of  $\pm 17.9\%$  while a sample size of 500 has a margin of error of  $\pm 4.4\%$ .) For this reason, only an average of the data for three-year periods is presented for the risk factors analyzed by area development districts.

These surveys are based on self-reported data, which may result in a bias toward reporting a more favorable lifestyle. This limitation should not affect the ability to identify trends and to monitor progress in behavior changes.

## DEFINITIONS

### RISK FACTORS

The following definitions were used in questioning respondents on risk factors and preventive health practices.

\* No data collected for 1994.

\*\* No data collected for 1995.

**Smoking:** Those who report ever smoking 100 cigarettes and who currently smoke.

**Lack of Physical Activity\*\*:** Individuals who report no leisure-time activity or activity less than three times per week or less than 20 minutes per session.

**Overweight:** Females with a body mass index  $> 27.3$  and males with a body mass index  $> 27.8$ .

*The definition for overweight/obesity was revised in mid-1998. In the future, the following definitions will be used:*

1. *Normal – Body mass index  $< 25.0$  for both males and females*
2. *Overweight – Body mass index  $> 25.0$  but  $< 29.9$  for both genders*
3. *Obese – Body mass index  $29.9$  or greater for both genders.*

*It is anticipated that categories 2 and 3 will be combined to determine the prevalence of overweight individuals.*

**Diabetes:** Persons who report they have ever been told by a doctor or other health professional that they have diabetes.

**Seatbelt Non-Use\*:** Respondents who report that they do not always use a safety belt.

**Alcohol\*:** Individuals who report having had one or more alcoholic beverages in the past month.

**Hypertension\*:** Respondents who report ever having been told by a health professional that they have high blood pressure.

### PREVENTIVE HEALTH PRACTICES

**Nutrition\*\*:** Persons who report consuming five or more servings of fruits and vegetables per day.

**Cholesterol Screening\*:** Respondents who report that they have had their cholesterol checked within the last five years.

**Colorectal Screening\*:** Persons ages 50 and older who report having had a sigmoidoscopic or proctoscopic examination.

**Mammograms:** Women ages 50 and older who report having had a mammogram and clinical breast examination in the past two years.

**Cervical Cancer Screening:** Women who report having had a Pap test in the past three years.

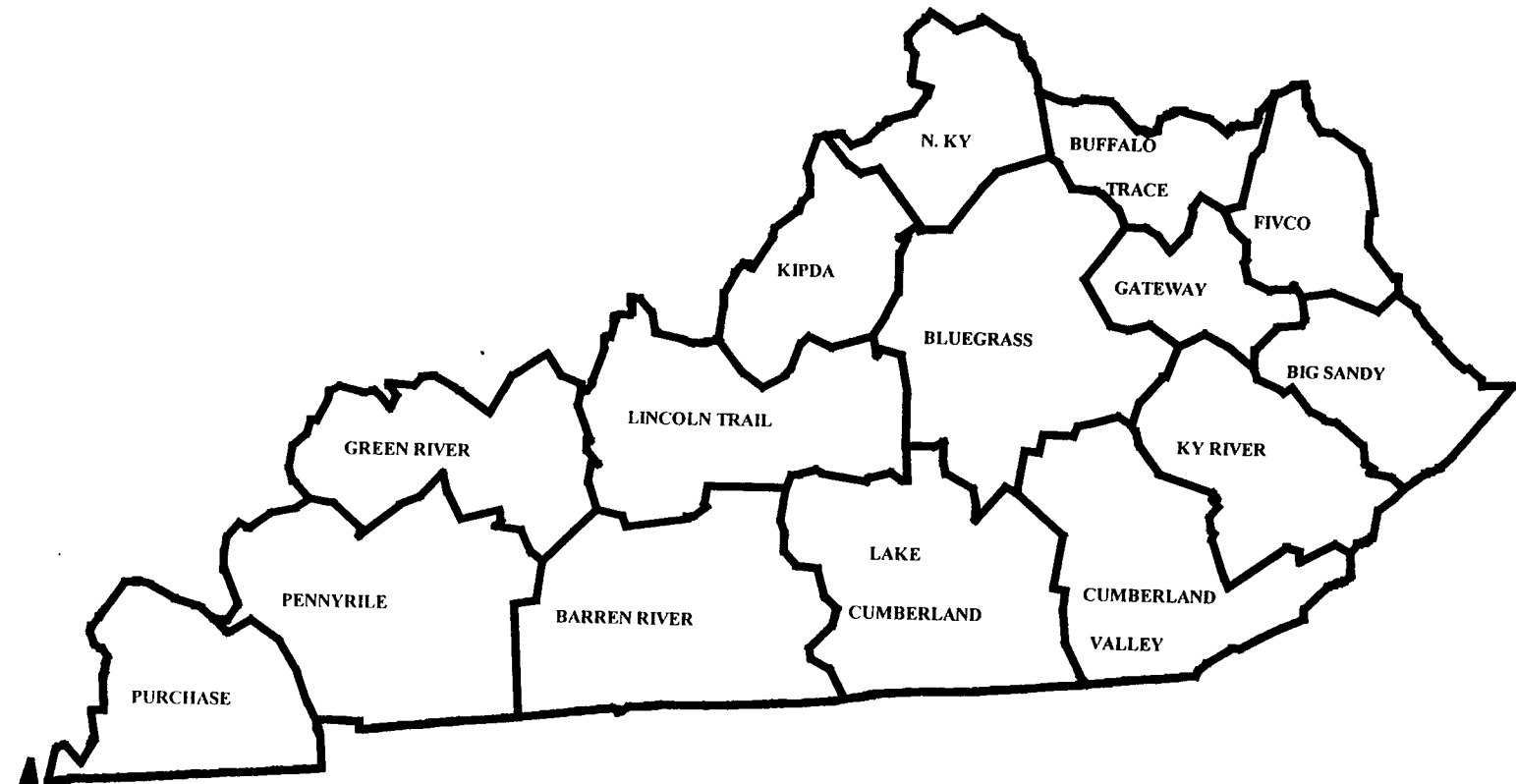
**Immunizations\*:** **Influenza** – Individuals ages 65 and older who report having had a flu shot in the last 12 months.

**Pneumonia** – Persons ages 65 and older who report ever having a pneumonia vaccination.

**Health Care Coverage:** Respondents who report having any kind of health care coverage.

**General Health Status:** Respondents who report their general health status to be excellent or very good.

# KENTUCKY AREA DEVELOPMENT DISTRICTS



# KENTUCKY

## Kentucky Behavioral Risk Factor Surveillance State Composite Percentages, 1994 - 1996 and 1995 - 1997

| Risk Factor / Health Measure                  | 1994 - 1996 | 1995 - 1997 |
|---|-------------|-------------|
| Smoking                                       | 29.4        | 30.1        |
| Lack of Physical Activity **                  | 68.3        | 67.7        |
| Overweight                                    | 29.9        | 31.8        |
| Diabetes                                      | 4.1         | 4.4         |
| Seatbelt Non-Use *                            | 34.4        | 34.5        |
| Alcohol *                                     | 33.8        | 33.8        |
| Hypertension *                                | 22.8        | 24.4        |
| Nutrition **                                  | 17.4        | 16.8        |
| Cholesterol Screening *                       | 60.4        | 61.3        |
| Colorectal Screening *                        | 31.7        | 32.4        |
| Mammograms                                    | 55.9        | 60.1        |
| Cervical Cancer Screening                     | 74.0        | 75.4        |
| Immunizations - Influenza, *                  | 55.0        | 57.3        |
| Pneumonia *                                   | 25.4        | 30.2        |
| Health Care Coverage                          | 85.4        | 85.7        |
| General Health Status -<br>Excellent/VeryGood | 50.9        | 49.8        |



## BARREN RIVER AREA DEVELOPMENT DISTRICT

### Kentucky Behavioral Risk Factor Surveillance Composite Percentages, 1994-1996 and 1995 – 1997

| Risk Factor / Health Measure                   | 1994 - 1996 | 1995 - 1997 |
|--|-------------|-------------|
| Smoking  | 30.9        | 31.4        |
| Lack of Physical Activity **                   | 70.3        | 70.5        |
| Overweight                                     | 24.7        | 25.9        |
| Diabetes                                       | 4.3         | 4.7         |
| Seatbelt Non-Use *                             | 34.3        | 38.4        |
| Alcohol *                                      | 28.7        | 26.7        |
| Hypertension *                                 | 20.5        | 24.4        |
| Nutrition **                                   | 16.1        | 16.9        |
| Cholesterol Screening *                        | 58.2        | 58.4        |
| Colorectal Screening *                         | 33.8        | 29.8        |
| Mammograms                                     | 54.7        | 54.2        |
| Cervical Cancer Screening                      | 68.5        | 69.4        |
| Immunizations - Influenza, *                   | 55.6        | 56.5        |
| Pneumonia *                                    | 35.4        | 34.2        |
| Health Care Coverage                           | 82.9        | 83.9        |
| General Health Status -<br>Excellent/Very Good | 48.0        | 49.0        |

\* No data for 1994

\*\* No data for 1995

## BIG SANDY AREA DEVELOPMENT DISTRICT

### Kentucky Behavioral Risk Factor Surveillance Composite Percentages, 1994-1996 and 1995 - 1997

| Risk Factor / Health Measure                   | 1994 - 1996 | 1995 - 1997 |
|--|-------------|-------------|
| Smoking  | 28.4        | 29.4        |
| Lack of Physical Activity **                   | 78.6        | 78.2        |
| Overweight                                     | 38.2        | 40.6        |
| Diabetes                                       | 5.8         | 5.9         |
| Seatbelt Non-Use *                             | 39.5        | 40.1        |
| Alcohol *                                      | 16.5        | 14.8        |
| Hypertension *                                 | 36.1        | 36.8        |
| Nutrition **                                   | 10.4        | 6.3         |
| Cholesterol Screening *                        | 51.4        | 57.0        |
| Colorectal Screening *                         | 20.1        | 21.1        |
| Mammograms                                     | 47.5        | 58.7        |
| Cervical Cancer Screening                      | 72.0        | 76.7        |
| Immunizations - Influenza, *                   | 78.6        | 60.7        |
| Pneumonia *                                    | 17.8        | 21.5        |
| Health Care Coverage                           | 73.4        | 76.6        |
| General Health Status –<br>Excellent/Very Good | 31.8        | 33.5        |

\* No data for 1994

\*\* No data for 1995

## BLUEGRASS AREA DEVELOPMENT DISTRICT

### Kentucky Behavioral Risk Factor Surveillance Composite Percentages, 1994-1996 and 1995 - 1997

| Risk Factor / Health Measure                   | 1994 - 1996 | 1995 - 1997 |
|--|-------------|-------------|
| Smoking  | 28.0        | 28.0        |
| Lack of Physical Activity **                   | 67.6        | 66.0        |
| Overweight                                     | 26.6        | 30.5        |
| Diabetes                                       | 3.3         | 3.3         |
| Seatbelt Non-Use *                             | 33.8        | 32.8        |
| Alcohol *                                      | 38.5        | 39.8        |
| Hypertension *                                 | 19.7        | 20.2        |
| Nutrition **                                   | 18.7        | 19.0        |
| Cholesterol Screening *                        | 63.9        | 63.9        |
| Colorectal Screening *                         | 31.0        | 35.0        |
| Mammograms                                     | 61.6        | 67.0        |
| Cervical Cancer Screening                      | 80.6        | 83.0        |
| Immunizations - Influenza, *                   | 54.4        | 53.6        |
| Pneumonia *                                    | 26.3        | 29.9        |
| Health Care Coverage                           | 87.8        | 88.1        |
| General Health Status -<br>Excellent/Very Good | 56.6        | 57.2        |

\* No data for 1994

\*\* No data for 1995

## BUFFALO TRACE AREA DEVELOPMENT DISTRICT

### Kentucky Behavioral Risk Factor Surveillance Composite Percentages, 1994-1996 and 1995 - 1997

| Risk Factor / Health Measure                    | 1994 - 1996 | 1995 - 1997 |
|---|-------------|-------------|
| Smoking   | 28.8        | 34.8        |
| Lack of Physical Activity **                    | 73.8        | 72.8        |
| Overweight                                      | 37.2        | 33.6        |
| Diabetes  | 4.4         | 5.4         |
| Seatbelt Non-Use *                              | 44.0        | 39.4        |
| Alcohol *                                       | 31.0        | 27.9        |
| Hypertension *                                  | 21.7        | 25.0        |
| Nutrition **                                    | 14.4        | 14.1        |
| Cholesterol Screening *                         | 61.2        | 64.1        |
| Colorectal Screening *                          | 22.0        | 24.1        |
| Mammograms                                      | 45.7        | 47.8        |
| Cervical Cancer Screening                       | 64.2        | 69.7        |
| Immunizations - Influenza, *                    | 41.8        | 49.0        |
| Pneumonia *                                     | 5.3         | 19.9        |
| Health Care Coverage                            | 82.2        | 83.9        |
| General Health Status –<br>Excellent/ Very Good | 50.6        | 46.3        |

\* No data for 1994

\*\* No data for 1995

## CUMBERLAND VALLEY AREA DEVELOPMENT DISTRICT

### Kentucky Behavioral Risk Factor Surveillance Composite Percentages, 1994-1996 and 1995 - 1997

| Risk Factor / Health Measure                   | 1994 - 1996 | 1995 - 1997 |
|--|-------------|-------------|
| Smoking  | 29.7        | 28.1        |
| Lack of Physical Activity **                   | 74.4        | 73.9        |
| Overweight                                     | 32.4        | 34.2        |
| Diabetes                                       | 5.1         | 5.8         |
| Seatbelt Non-Use *                             | 42.6        | 41.1        |
| Alcohol *                                      | 17.2        | 18.2        |
| Hypertension *                                 | 34.2        | 33.2        |
| Nutrition **                                   | 15.6        | 16.9        |
| Cholesterol Screening *                        | 60.7        | 61.1        |
| Colorectal Screening *                         | 34.7        | 36.7        |
| Mammograms                                     | 43.4        | 52.5        |
| Cervical Cancer Screening                      | 70.4        | 70.5        |
| Immunizations - Influenza, *                   | 43.2        | 47.5        |
| Pneumonia *                                    | 9.7         | 13.8        |
| Health Care Coverage                           | 80.4        | 79.7        |
| General Health Status –<br>Excellent/Very Good | 41.4        | 39.2        |

\* No data for 1994

\*\* No data for 1995

## FIVCO AREA DEVELOPMENT DISTRICT

### Kentucky Behavioral Risk Factor Surveillance Composite Percentages, 1994-1996 and 1995 - 1997

| Risk Factor / Health Measure                   | 1994 - 1996 | 1995 - 1997 |
|--|-------------|-------------|
| Smoking  | 27.4        | 32.2        |
| Lack of Physical Activity **                   | 72.3        | 71.9        |
| Overweight                                     | 38.4        | 34.4        |
| Diabetes                                       | 4.2         | 6.8         |
| Seatbelt Non-Use *                             | 39.0        | 43.7        |
| Alcohol *                                      | 20.8        | 21.1        |
| Hypertension *                                 | 25.4        | 27.0        |
| Nutrition **                                   | 13.7        | 11.9        |
| Cholesterol Screening *                        | 55.6        | 52.9        |
| Colorectal Screening *                         | 24.5        | 28.2        |
| Mammograms                                     | 48.9        | 63.2        |
| Cervical Cancer Screening                      | 64.5        | 67.2        |
| Immunizations - Influenza, *                   | 60.7        | 63.2        |
| Pneumonia *                                    | 24.6        | 35.2        |
| Health Care Coverage                           | 79.0        | 81.8        |
| General Health Status –<br>Excellent/Very Good | 42.5        | 41.7        |

\* No data for 1994

\*\* No data for 1995

## GATEWAY AREA DEVELOPMENT DISTRICT

### Kentucky Behavioral Risk Factor Surveillance Composite Percentages, 1994-1996 and 1995 - 1997

| Risk Factor / Health Measure                   | 1994 - 1996 | 1995 - 1997 |
|--|-------------|-------------|
| Smoking  | 27.8        | 31.4        |
| Lack of Physical Activity **                   | 67.2        | 63.5        |
| Overweight                                     | 29.4        | 31.7        |
| Diabetes                                       | 4.1         | 6.4         |
| Seatbelt Non-Use *                             | 35.4        | 38.5        |
| Alcohol *                                      | 22.9        | 23.9        |
| Hypertension *                                 | 25.1        | 30.2        |
| Nutrition **                                   | 18.2        | 14.6        |
| Cholesterol Screening *                        | 55.5        | 61.5        |
| Colorectal Screening *                         | 37.8        | 31.7        |
| Mammograms                                     | 48.8        | 53.3        |
| Cervical Cancer Screening                      | 68.5        | 76.4        |
| Immunizations - Influenza, *                   | 31.0        | 46.8        |
| Pneumonia *                                    | 34.3        | 42.3        |
| Health Care Coverage                           | 82.1        | 84.5        |
| General Health Status –<br>Excellent/Very Good | 43.8        | 38.2        |

\* No data for 1994

\*\* No data for 1995

## GREEN RIVER AREA DEVELOPMENT DISTRICT

### Kentucky Behavioral Risk Factor Surveillance Composite Percentages, 1994-1996 and 1995 - 1997

| Risk Factor / Health Measure                   | 1994 - 1996 | 1995 - 1997 |
|--|-------------|-------------|
| Smoking  | 34.8        | 34.5        |
| Lack of Physical Activity **                   | 76.7        | 72.7        |
| Overweight                                     | 27.5        | 30.4        |
| Diabetes                                       | 3.6         | 5.1         |
| Seatbelt Non-Use *                             | 38.4        | 38.9        |
| Alcohol *                                      | 30.9        | 30.5        |
| Hypertension *                                 | 22.6        | 25.3        |
| Nutrition **                                   | 17.8        | 15.5        |
| Cholesterol Screening *                        | 59.5        | 57.7        |
| Colorectal Screening *                         | 37.0        | 35.1        |
| Mammograms                                     | 56.0        | 59.3        |
| Cervical Cancer Screening *                    | 67.8        | 73.1        |
| Immunizations - Influenza, *                   | 63.9        | 60.4        |
| Pneumonia *                                    | 26.4        | 30.8        |
| Health Care Coverage                           | 87.0        | 83.4        |
| General Health Status –<br>Excellent/Very Good | 48.9        | 47.5        |

\* No data for 1994

\*\* No data for 1995



## KIPDA AREA DEVELOPMENT DISTRICT

### Kentucky Behavioral Risk Factor Surveillance Composite Percentages, 1994-1996 and 1995 - 1997

| Risk Factor / Health Measure                   | 1994 - 1996 | 1995 - 1997 |
|--|-------------|-------------|
| Smoking  | 26.7        | 27.3        |
| Lack of Physical Activity **                   | 62.5        | 63.3        |
| Overweight                                     | 30.0        | 32.3        |
| Diabetes                                       | 3.8         | 4.0         |
| Seatbelt Non-Use *                             | 29.1        | 29.2        |
| Alcohol *                                      | 44.1        | 44.2        |
| Hypertension *                                 | 21.3        | 23.4        |
| Nutrition **                                   | 18.9        | 18.5        |
| Cholesterol Screening *                        | 63.6        | 65.3        |
| Colorectal Screening *                         | 32.2        | 33.1        |
| Mammograms                                     | 62.0        | 64.1        |
| Cervical Cancer Screening                      | 76.8        | 77.6        |
| Immunizations - Influenza, *                   | 51.3        | 57.0        |
| Pneumonia *                                    | 21.8        | 26.6        |
| Health Care Coverage                           | 90.2        | 90.6        |
| General Health Status –<br>Excellent/Very Good | 55.7        | 54.4        |

\* No data for 1994

\*\* No data for 1995

## KENTUCKY RIVER AREA DEVELOPMENT DISTRICT

### Kentucky Behavioral Risk Factor Surveillance Composite Percentages, 1994-1996 and 1995 - 1997

| Risk Factor / Health Measure                   | 1994 - 1996 | 1995 - 1997 |
|--|-------------|-------------|
| Smoking  | 35.2        | 35.7        |
| Lack of Physical Activity **                   | 76.3        | 78.7        |
| Overweight                                     | 31.3        | 33.8        |
| Diabetes                                       | 4.1         | 4.5         |
| Seatbelt Non-Use *                             | 36.8        | 34.8        |
| Alcohol *                                      | 19.1        | 16.5        |
| Hypertension *                                 | 25.6        | 28.2        |
| Nutrition **                                   | 17.1        | 20.1        |
| Cholesterol Screening *                        | 47.9        | 52.3        |
| Colorectal Screening *                         | 39.4        | 38.0        |
| Mammograms                                     | 51.0        | 58.9        |
| Cervical Cancer Screening                      | 71.2        | 74.7        |
| Immunizations - Influenza, *                   | 59.7        | 53.0        |
| Pneumonia *                                    | 18.9        | 21.2        |
| Health Care Coverage                           | 61.9        | 60.9        |
| General Health Status –<br>Excellent/Very Good | 32.5        | 34.9        |

\* No data for 1994

\*\* No data for 1995

## LAKE CUMBERLAND AREA DEVELOPMENT DISTRICT

### Kentucky Behavioral Risk Factor Surveillance Composite Percentages, 1994-1996 and 1995 - 1997

| Risk Factor / Health Measure                   | 1994 - 1996 | 1995 - 1997 |
|--|-------------|-------------|
| Smoking  | 32.7        | 32.7        |
| Lack of Physical Activity **                   | 75.9        | 71.2        |
| Overweight                                     | 35.4        | 35.9        |
| Diabetes                                       | 3.4         | 3.8         |
| Seatbelt Non-Use *                             | 43.6        | 42.2        |
| Alcohol *                                      | 21.9        | 21.0        |
| Hypertension *                                 | 24.2        | 25.0        |
| Nutrition **                                   | 16.8        | 12.7        |
| Cholesterol Screening *                        | 61.7        | 61.8        |
| Colorectal Screening *                         | 27.9        | 28.4        |
| Mammograms                                     | 43.7        | 51.7        |
| Cervical Cancer Screening *                    | 69.9        | 71.8        |
| Immunizations - Influenza, *                   | 41.2        | 47.1        |
| Pneumonia *                                    | 20.6        | 26.5        |
| Health Care Coverage                           | 80.6        | 81.1        |
| General Health Status -<br>Excellent/Very Good | 42.7        | 42.4        |

\* No data for 1994

\*\* No data for 1995

## LINCOLN TRAIL AREA DEVELOPMENT DISTRICT

### Kentucky Behavioral Risk Factor Surveillance Composite Percentages, 1994-1996 and 1995 - 1997

| Risk Factor / Health Measure                   | 1994 - 1996 | 1995 - 1997 |
|--|-------------|-------------|
| Smoking  | 29.7        | 29.3        |
| Lack of Physical Activity **                   | 68.8        | 62.2        |
| Overweight                                     | 31.0        | 31.9        |
| Diabetes                                       | 5.7         | 5.1         |
| Seatbelt Non-Use *                             | 32.4        | 32.8        |
| Alcohol *                                      | 32.2        | 32.6        |
| Hypertension *                                 | 28.6        | 26.4        |
| Nutrition **                                   | 18.9        | 17.6        |
| Cholesterol Screening *                        | 58.5        | 60.7        |
| Colorectal Screening *                         | 34.0        | 31.8        |
| Mammograms                                     | 53.1        | 58.6        |
| Cervical Cancer Screening                      | 73.3        | 71.9        |
| Immunizations - Influenza, *                   | 53.5        | 61.2        |
| Pneumonia *                                    | 25.8        | 34.1        |
| Health Care Coverage                           | 87.5        | 86.3        |
| General Health Status –<br>Excellent/Very Good | 49.2        | 51.1        |

\* No data for 1994

\*\* No data for 1995

# NORTHERN KENTUCKY AREA DEVELOPMENT DISTRICT

## Kentucky Behavioral Risk Factor Surveillance Composite Percentages, 1994-1996 and 1995 - 1997

| Risk Factor / Health Measure                   | 1994 - 1996 | 1995 - 1997 |
|--|-------------|-------------|
| Smoking  | 32.8        | 32.0        |
| Lack of Physical Activity **                   | 62.7        | 65.2        |
| Overweight                                     | 28.1        | 31.0        |
| Diabetes                                       | 4.2         | 4.1         |
| Seatbelt Non-Use *                             | 33.7        | 31.7        |
| Alcohol *                                      | 44.7        | 46.0        |
| Hypertension *                                 | 19.7        | 20.4        |
| Nutrition **                                   | 16.5        | 17.7        |
| Cholesterol Screening *                        | 57.3        | 58.7        |
| Colorectal Screening *                         | 31.6        | 31.5        |
| Mammograms                                     | 54.8        | 57.2        |
| Cervical Cancer Screening                      | 74.9        | 74.2        |
| Immunizations - Influenza,*                    | 57.6        | 58.2        |
| Pneumonia *                                    | 28.8        | 32.6        |
| Health Care Coverage                           | 89.1        | 89.2        |
| General Health Status -<br>Excellent/Very Good | 58.1        | 55.8        |

\* No data for 1994

\*\* No data for 1995

## PENNYRILE AREA DEVELOPMENT DISTRICT

### Kentucky Behavioral Risk Factor Surveillance Composite Percentages, 1994-1996 and 1995 - 1997

| Risk Factor / Health Measure                   | 1994 - 1996 | 1995 - 1997 |
|--|-------------|-------------|
| Smoking  | 30.5        | 30.1        |
| Lack of Physical Activity **                   | 72.9        | 68.0        |
| Overweight                                     | 33.0        | 32.8        |
| Diabetes                                       | 5.3         | 5.4         |
| Seatbelt Non-Use *                             | 31.0        | 34.4        |
| Alcohol *                                      | 26.7        | 26.4        |
| Hypertension *                                 | 24.7        | 28.5        |
| Nutrition **                                   | 15.6        | 11.6        |
| Cholesterol Screening *                        | 60.9        | 61.6        |
| Colorectal Screening *                         | 32.5        | 32.8        |
| Mammograms                                     | 53.2        | 57.4        |
| Cervical Cancer Screening                      | 71.7        | 72.4        |
| Immunizations - Influenza, *                   | 56.0        | 59.2        |
| Pneumonia *                                    | 31.5        | 31.1        |
| Health Care Coverage                           | 84.2        | 86.7        |
| General Health Status -<br>Excellent/Very Good | 45.6        | 41.9        |

\* No data for 1994

\*\* No data for 1995

## PURCHASE AREA DEVELOPMENT DISTRICT

### Kentucky Behavioral Risk Factor Surveillance Composite Percentages, 1994-1996 and 1995 - 1997

| Risk Factor / Health Measure                   | 1994 - 1996 | 1995 - 1997 |
|--|-------------|-------------|
| Smoking  | 26.8        | 31.1        |
| Lack of Physical Activity **                   | 63.2        | 67.0        |
| Overweight                                     | 25.9        | 26.4        |
| Diabetes                                       | 3.7         | 3.9         |
| Seatbelt Non-Use *                             | 35.8        | 33.3        |
| Alcohol *                                      | 31.3        | 29.5        |
| Hypertension *                                 | 16.9        | 20.1        |
| Nutrition **                                   | 18.2        | 18.0        |
| Cholesterol Screening *                        | 61.4        | 62.1        |
| Colorectal Screening *                         | 33.4        | 35.7        |
| Mammograms                                     | 61.0        | 69.1        |
| Cervical Cancer Screening                      | 73.0        | 74.6        |
| Immunizations - Influenza, *                   | 71.5        | 72.5        |
| Pneumonia *                                    | 36.8        | 45.2        |
| Health Care Coverage                           | 86.9        | 88.2        |
| General Health Status -<br>Excellent/Very Good | 56.2        | 52.6        |

\* No data for 1994

\*\* No data for 1995

## KENTUCKY

### Kentucky Behavioral Risk Factor Surveillance State Yearly Percentages, 1995, 1996, and 1997

| Risk Factor / Health Measure         | 1995 | 1996 | 1997 |
|--------------------------------------|------|------|------|
| Smoking                              | 27.8 | 31.6 | 30.7 |
| Lack of Physical Activity **         | **   | 69.3 | 64.5 |
| Overweight                           | 28.8 | 31.8 | 34.7 |
| Diabetes                             | 3.5  | 4.5  | 5.3  |
| Seatbelt Non-Use*                    | 34.8 | 33.8 | 34.5 |
| Alcohol*                             | 34.5 | 32.6 | 33.7 |
| Hypertension*                        | 21.5 | 25.2 | 26.8 |
| Nutrition **                         | **   | 17.4 | 15.5 |
| Cholesterol Screening*               | 60.6 | 59.9 | 62.7 |
| Colorectal Screening*                | 30.5 | 34.0 | 33.4 |
| Mammograms                           | 55.9 | 59.4 | 64.8 |
| Cervical Cancer Screening            | 73.3 | 75.3 | 77.5 |
| Immunizations - Influenza,*          | 51.9 | 60.8 | 60.6 |
| Pneumonia*                           | 23.8 | 28.4 | 37.0 |
| Health Care Coverage                 | 85.7 | 85.4 | 85.9 |
| General Health Status Excellent/Good | 51.5 | 48.6 | 49.3 |

\*\* No data for 1995